



## DR TOMPKINS GOLYTELY ONE DAY PREP

Have you had a heart attack within the last year?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have any heart or blood vessel (vascular) stents?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you had any blood clots within the last year?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you recently had a medical procedure done?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you on any blood thinning medications such as Plavix (Clopidogrel), Coumadin (Warfarin), Lovenox (Enoxaparin), Eliquis or Pradaxa?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

### 7 DAYS BEFORE THE PROCEDURE

- **STOP** taking aspirin or aspirin containing products. Tylenol is okay if needed.
- **STOP** taking iron containing products, such as multivitamin with iron.
- **STOP** eating foods with seeds, nuts, popcorn, etc.
- **STOP** eating all green leafy vegetables (spinach, kale, cabbage, lettuce, etc.)

### 5 DAYS BEFORE THE PROCEDURE

- **STOP** taking any non-steroidal, anti-inflammatory medications, such as Ibuprofen, Motrin, Advil, Naproxen, Celebrex, etc. Tylenol is okay if needed.
- **STOP** taking herbal supplements, such as ginger/garlic pills, ginseng, etc.
- Please check with the prescribing physician if on any blood thinners.
- If you are unsure about the medications you are taking, please call your prescribing Doctor's office for clarification.

### 1 DAY BEFORE THE PROCEDURE

- **STOP ALL SOLID FOODS.** You may have only clear liquids starting when you get out of bed in the morning. Please see clear liquid guidelines.
- Mix the PEG 3350/Golytely/Nulytely according to the directions on the container and refrigerate.
- At 6:00pm begin drinking the PEG 3350/Golytely/Nulytely at a rate of 8-10 oz every 20 minutes. This will cause diarrhea. Your stool should continue to become lighter until it is yellow/clear in color. **YOU MUST DRINK THE ENTIRE JUG OF SOLUTION.**
- Continue on your clear liquid diet until midnight.

### ON THE DAY OF YOUR PROCEDURE

- If you are scheduled after 1pm you may continue clear liquids up until 4 hours before your procedure. Then, **nothing by mouth** until after your procedure.
- Only blood pressure and heart medications may be taken the morning of the procedure with the smallest amount of water possible. Hold other medications, unless specified by your Doctor.

**2841 Debarr Road**  
**Building A, Suite 50**  
**Anchorage, AK 99508**  
**Phone: (907) 276-2811**



## **CLEAR LIQUID GUIDELINES**

### **START LIQUID DIET 1 DAY BEFORE YOUR PROCEDURE**

BLACK COFFEE, HOT OR ICED TEA

(NO ESPRESSO, CREAM OR DAIRY)

7-UP, SPRITE, GINGER ALE

APPLE JUICE OR WHITE GRAPE JUICE

CHICKEN OR BEEF BROTH – NO CREAM OR DAIRY SOUPS

JELLO – LEMON OR LIME ONLY

POPSICLES – LEMON OR LIME ONLY

GATORADE – LEMON OR LIME OR CLEAR ONLY

WATER

**ANYTHING YOU CAN SEE THROUGH SHOULD BE OKAY, AS LONG AS IT HAS NO PARTICLES. IF YOU ARE UNSURE OF SOMETHING, PLEASE FOLLOW THE ABOVE GUIDELINES OR CALL OUT OFFICE WITH QUESTIONS. MONDAY-FRIDAY 8AM-5PM (907) 276-2811**

**NO SOLID FOOD. NO DAIRY. NO ALCOHOL. NOTHING BLUE, PURPLE, RED OR ORANGE COLORED.**

**\*You are required to arrange a driver for your procedure. You should not work, drive or make any major decisions for up to 12 hrs after your procedure. For your safety, you cannot be released to a taxicab. To avoid cancellation, please ensure you have a reliable driver arranged prior to your procedure date.\***

**FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN CANCELLATION OF YOUR PROCEDURE AS WELL AS A \$250.00 FEE.**

**Thank you for affording us the opportunity to provide you with our healthcare services.**

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